

lunch



THE
CONNACHT
HOTEL GALWAY

Dear Customer,

Please note that some recognised allergens are present in some of our dishes. Please notify us of any allergies, intolerances or special diet requirements you may have in order for you to truly enjoy your dining experience with us.

Allergens:

- | | | | | |
|------------------|---------------------|-----------|--------------|-------------|
| 1. Cereals | 2. Crustaceans | 3. Eggs | 4. Fish | 5. Peanuts |
| 6. Soybeans | 7. Milk | 8. Nuts | 9. Celery | 10. Mustard |
| 11. Sesame seeds | 12. Sulphur dioxide | 13. Lupin | 14. Molluscs | |

LUNCH MENU

Served from 12.30 to 15.30

SOUPS / *ANRAITH*

Homemade Fresh Soup Of The Day €4.95

fried onion | chive

Allergens: 1 (wheat), 6, 7, 9, 12

Traditional Galway Bay Seafood Chowder €6.95

crusty boule bread | cress

Allergens: 1 (wheat), 2, 4, 6, 7, 8, 9, 12, 14

STARTERS / *MAR THÚS*

The Connacht Salmon Platter “3 way” €8.95

smoked, cured & potted salmon | smoked tomato pesto | mixed leaves

Allergens: 1, 2, 4, 5, 6, 7, 8, 9, 11, 12, 14

Tapas Platter €8.25

selection of produce from the land & sea of Ireland | dips & pretzels

Allergens: 1 (wheat), 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 14

Tomato & Basil Bruschetta €6.50

smoked mozzarella cheese | seasonal side salad

Allergens: 1 (wheat), 3, 5, 6, 7, 8, 9, 10, 11, 13

SALADS / *SAILÉID*

Classic Caesar Salad €7.95/€10.95

smoked chicken | creamy dressing | croutons

Allergens: 1 (wheat), 3, 5, 6, 7, 8, 9, 10, 11, 13

The Detox Salad €7.95/€11.95

mixed leaves | sweet bell pepper | chick-pea | sweet corn | sunblushed tomato | red onion | sunflower seeds | tofu | drizzle of olive oil

Allergens: 1, 3, 5, 6, 7, 8, 9, 10, 11, 13

Roasted Pistachio & Chicken Salad €8.25/€12.95

wholegrain mustard & honey | roccola

Allergens: 1, 3, 5, 6, 7, 8, 9, 10, 11, 13



MAIN COURSES

/ PRÍOMHCHÚRSAÍ

Special Of The Day €10.25

From the sea & the land of Ireland

seasonal stew | vegetables | potato of the day

Allergens: All (wheat)

Pie Of The Day €13.85

potato gratin or seasonal side salad

Allergens: All (wheat)

The Connacht Chicken Curry €13.55

steamed rice or rustic hand-cut chips

Allergens: 1, 2, 3, 4, 5, 6, 7, 9, 10, 11, 14

Monkfish “a la plancha” €14.55

chargrilled black & white pudding

Allergens: 1 (wheat), 2, 3, 4, 7, 8, 9, 11, 14

The Connacht Italian-style Beef Lasagne €13.75

sweet potato wedges | seasonal side salad

Allergens: 1 (wheat), 3, 7, 8, 9, 10, 11, 13

Homemade Kentucky-style Chicken €13.95

toasted ciabatta | apple & onion chutney | rustic chips | side salad

Allergens: 1 (wheat), 2, 5, 6, 7, 8, 9, 10, 11, 13

Fresh Battered Local White Fish Of The Day €12.55

rustic chips | tartar sauce | mushy peas

Allergens: 1 (wheat), 2, 3, 4, 6, 7, 8, 9, 11, 13, 14

Organic whole-wheat penne €12.65

zesty chicken | white wine & thyme cream sauce

Allergens: 1 (wheat), 3, 7, 8, 9, 10, 11, 13

SIDE DISHES / AR AN TAOBH

€3.00

- Seasonal Salad Allergens: 6, 9, 10, 11, 12
- Hand Cut Rustic Chips Allergens: 1, 3, 6
- Sweet Potato Fries Allergens: 1, 3, 6



SANDWICHES / *CEAPAIRÍ*

(wraps/subs all served with side salad & chilli tortilla chips)

Pulled Pork €7.50

sour dough | apple & red cabbage | sweet potato fries

Allergens: 1 (wheat), 3, 5, 6, 7, 8, 9, 10, 11, 12, 13

The Connacht Combo (closed sandwich) & Soup €5.95

Choice of:

ham | cheese | chicken | tuna | lettuce | red onion | tomato | cucumber

Allergens: All (wheat)

BLT €6.95

crispy bacon | tomato | lettuce | mayo

Allergens: 1 (wheat), 3, 5, 6, 7, 8, 9, 10, 11, 13

House Favourite Club Sandwich €6.95

egg mayo | streaky bacon | cos lettuce | tomato | garlic mayo |

rustic hand-cut chips

Allergens: 1 (wheat), 3, 5, 6, 7, 8, 9, 10, 11, 13

Tuna & Sweet Corn Panini €7.80

rocket | red onion | mango chutney | mayo

Allergens: 1 (wheat), 2, 3, 5, 6, 7, 8, 9, 10, 11, 13, 14

The Connacht Super-food Salad Wrap €8.50

quinola | edamame beans

Allergens: 1 (wheat), 3, 5, 6, 7, 8, 9, 10, 11, 13

DESSERTS/ *MILSEOGA*

€6.50

- Selection Of Ice Cream

Allergens: 1 (wheat), 3, 5, 6, 7, 8, 11, 12

wafer basket | coulis

- Ferrero Rocher Cheesecake

Allergens: 1 (wheat), 3, 5, 7, 8, 11, 12

- Passionfruit Mousse

Allergens: 1 (wheat), 3, 5, 7, 8, 11, 12

- Death By Chocolate

Allergens: 1 (wheat), 3, 5, 7, 8, 11, 12

- Lemon Delice Tart

Allergens: 1 (wheat), 3, 5, 7, 8, 11, 12

- Deep Apple Pie

Allergens: 1 (wheat), 3, 5, 7, 8, 11, 12

